

Nifty Nutrients

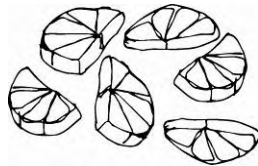
Common Fruit and Vegetable Serving Sizes Chart

What is 1 cup?

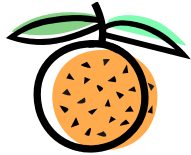
1 large banana



1 medium grapefruit



1 large orange



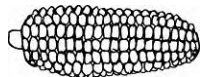
12 baby carrots



1 large sweet potato



1 large ear of corn



What is $\frac{1}{2}$ cup?

16 grapes



1 medium cantaloupe
wedge



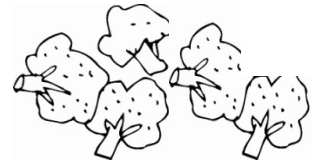
4 large strawberries



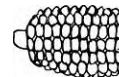
6 baby carrots



5 broccoli florets



$\frac{1}{2}$ large ear of corn



Source: Fruits and Vegetables Matter, Kids Coloring and Activity Book; Produce for Better Health.

www.pbsfoundation.org or www.fruitsandveggiesmorematters.org

Developed by: Denise Zimmer, RD, *Eat Smart Be Smart Guide: Lesson Third Grade—Nifty Nutrients*

Eat Smart Be Smart